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PHILADELPHIA NO. 1 FREE DAILY IN THE US

Tuesday, November 22, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

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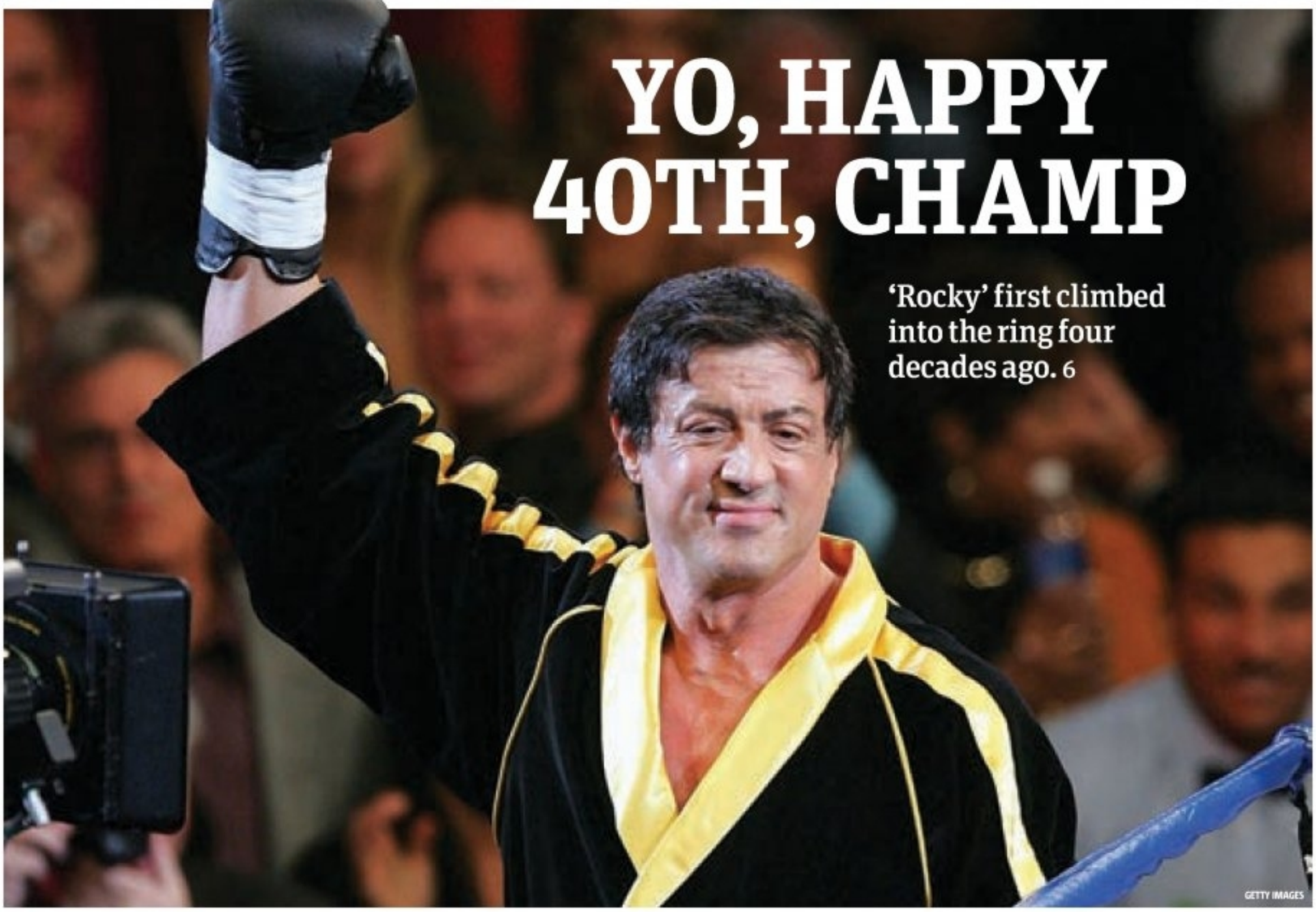
SANTA EXPRESS

Friday, November 25

I ♥ PHILLY



YO, HAPPY 40TH, CHAMP

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1. The city is marking the 40th anniversary of what movie?

2. What is Eagles first round pick, WR Nelson Agholor's career high in receiving yards?

3. Which food should you avoid if you're pregnant?

3 things you need to know

ACTOR SAYS NO APOLOGY NEEDED FOR 'HAMILTON'; REMARKS TO PENCE

1 An actor from the hit Broadway musical "Hamilton" who angered Donald Trump when he appealed on-stage for Vice President-elect Mike Pence to ensure the incoming administration respected all Americans said on Monday he would not apologize for the remarks. President-elect Trump has complained several times about the comments delivered on behalf of the cast by actor Brandon Victor Dixon when Pence attended the show on Friday evening. In a series of weekend Twitter messages, Trump accused the cast of "terrible behavior," said they had "harassed" Pence and demanded that they apologize. Pence himself said on Sunday he was not offended, and declined to ask for an apology. REUTERS

TECH WORKER VISAS FACE UNCERTAIN FUTURE UNDER TRUMP, SESSIONS

2 The main U.S. visa program for technology workers could face renewed scrutiny under Donald Trump and his proposed Attorney General, Sen. Jeff Sessions, a long-time critic of the skilled-worker program. H-1B visas admit 65,000 workers and another 20,000 graduate student workers each year. The tech industry, which has lobbied to expand the program, may now have to fight a rear-guard action to protect it, immigration attorneys and lobbyists said. Trump sent mixed signals on the campaign trail, sometimes criticizing the visas but other times calling them an important way to retain foreign talent. Sessions, however, has long sought to curtail the program and introduced legislation last year aiming to make the visas less available to large outsourcing companies such as Infosys. REUTERS

WAL-MART WILL OFFER CYBER MONDAY DEALS STARTING BLACK FRIDAY

3 Wal-Mart Stores Inc will start offering online deals reserved for Cyber Monday two days in advance this year, joining a growing list of U.S. retailers who offer web promotions over the Thanksgiving weekend. Wal-Mart's special web promotions will be available on Black Friday, the retailer said in a statement late on Sunday. Cyber Monday is the biggest day of the year for internet shopping and follows Black Friday, which is the busiest shopping day for brick-and-mortar retailers. Wal-Mart recently said it will boost its online inventory for Black Friday by more than half this year, as it pulls out all stops to grow online sales this holiday season. The retailer has grown its online inventory to 23 million items from 8 million at the start of the year. REUTERS

Protesters gather outside the TD Bank in Center City on Monday morning. PROVIDED

Police cite four women protesting Dakota pipeline outside Philly bank

The protesters want TD Bank to divest itself from a loan it provided for the construction.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Police took six women into custody on Monday outside a Center City bank during a protest against the controversial Dakota Access Pipeline.

Three protesters chained themselves to a front door to the TD Bank at 15th Street and JFK Boulevard at about 8 a.m. to prevent it from opening.

"TD divest now!" the women chanted. "Shut this pipeline down!"

The protesters were handcuffed together using a PVC pipe in what activists call the "sleeping dragon."

Police arrived on the scene within about 23 minutes and used power tools to cut open the PVC pipe and separate the protesters. A police spokeswoman said that six protesters were involved, but only four were detained and issued civil citations for disorderly conduct and unlawful assembly.

"The bank opened on time," the spokeswoman said.

The protesters targeted TD Bank because it is one of more than a dozen banks provide financing to complete the $3.8 billion, 1,172-mile pipeline project. The portion of the pipeline that would traverse Standing Rock Sioux Tribal land has sparked protests in North Dakota since April.

Opponents, including Food and Water Watch, which helped organize the TD Bank protest in Center City, say the pipeline project should be discontinued. In a news release, the group said it "poses a significant threat to the water supply of the Standing Rock Sioux and millions of other people downstream, and would desecrate sacred burial grounds, religious and other historical sites."

Protesters want TD Bank to follow the lead of Norwegian bank DNB, which recently sold off its assets in the disputed pipeline project.

"I am putting my body on the line in solidarity with the water protectors at Standing Rock," Jessica Rohan, one of the women who chained herself to the bank doors, said in the news release, which was sent out by the environmental group, Three Rivers Rising Tide.

"In the past 24 hours, the nonviolent actions of water protectors have been met with tear gas, concussion grenades and water cannons. We're here to tell TD Bank that destroying indigenous land and poisoning the water of thousands of people is bad for business," the group said.

Another participant in the protest, Abigail Meinen, echoed those sentiments.

"Indigenous women have led the fight against this pipeline from the beginning," Meinen said. "Today, as a group of women, we have come together in solidarity with our Indigenous sisters, mothers and elders, and say that we will fight with you."

TD Bank released a statement saying they respect the protesters' right to demonstrate.

Anti-pipeline protests have taken place around the nation, with participants calling themselves "water protectors." The protesters claim they have been targeted by law enforcement who have used tactics that include assigning police officers in riot gear with police dogs, to deploying water cannons and acoustic weapons, Tasers and concussion grenades.

Opponents claim the pipeline would violate an 1851 treaty with the Sioux.

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Philadelphia Fire Commissioner Adam Thiel with representatives from Mothers Against Drunk Driving on Monday. CHARLES MOSTOLLER

Safety advocates remind public of drunken-driving dangers during holidays

The night before the holiday is one of the deadliest for motorists.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

The day before Thanksgiving is one of the busiest travel days of the year, when families are driving to see their loved ones, and when college students and transplants are returning to their hometowns.

It also happens to be one of the deadliest nights of the year from accidents caused by drunken drivers.

To highlight that fact and make more people aware of the dangers of Thanksgiving travel, police and fire officials assembled Monday morning with representatives from Mothers Against Drunk Driving.

"People are making their plans right now of where to go. ... But the most important part of the plan is not only how are we going to get there, but how are we going to get home," said Capt. Patrick Kelly of the Philadelphia Police Department's Accident Investigation Division.

Kelly suggested that younger people who are more familiar with car service apps like Uber and Lyft should educate older family members about their benefits. "Show your parents, your older family members, there's this great car service right on your phone," he said.

It's been 30 years since MADD began to popularize the idea of the designated driver to help avoid drunken driving accidents.

It's also been 30 years since Delco native John McKenna, a lieutenant with the U.S. Air Force, was killed in a drunken driving crash while visiting friends at home for Thanksgiving.

On that Wednesday, his friend, who was intoxicated, drove into another car near West Chester Pike and City Line Avenue. McKenna had been on leave while stationed in Germany.

His mother, Mary McKenna, recalled the incident at Monday's event.

"He went out Sunday night with his friend from high school," she said. "Who would ever think, looking at these young couples going out, that something so horrible could happen? But it does happen. It happens more often than you think."

Speakers acknowledged that people who have had a few drinks often don't realize they are intoxicated.

"You don't need to be drunk to be impaired," Philadelphia Fire Department Commissioner Adam Thiel said. "If you are drinking, you are dangerous on the roads."

Officials tied red ribbons with the MADD insignia to emergency vehicles on Monday to help spread the word.

Tips for a safe night out:

Anyone who intends to consume alcohol should plan for a designated driver or a safe passage home before going out. If you're hosting a party, make sure to monitor your guests' behavior and don't allow anyone intoxicated to drive.

If you see someone who is drunk and who intends to get behind the wheel, stop that person. Use force, if necessary, to take the keys away. Or, call the police and provide a description of the vehicle.

"I know it's hard to do," Kelly said, "but you're going to regret it for the rest of your life if they hurt themselves or another person."

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Actor and writer Sylvester Stallone in "Rocky". GETTY IMAGES

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EDELWEISS

Happy anniversary, 'Rocky'! 10 facts about the iconic movie

Yo, don't be a bum, read this trivia.

ALEXIS SACHDEV
@lexsachdev
alexis.sachdev@metro.us

It's been 40 years since Sylvester Stallone first climbed into the ring and onto the silver screen as Rocky Balboa, the down-on-his-luck boxer with a lot of heart.

Since the rag-to-riches story was released Nov. 21, 1976, it has spawned six sequels (some great, some ... well, not so great) and countless posed photos atop the "Rocky Steps," the 72 steps in front of the Philadelphia Museum of Art that Stallone famously sprinted up during his training.

On this anniversary, we give you 10 facts about the original "Rocky" that started the phenomenon.

1 Stallone's film was shot in 28 days on a budget just over $1 million. Producers fought with Stallone over shooting exteriors in Philly; they wanted to keep costs low and shoot entirely in Los Angeles, because they had personally guaranteed to cover any costs over the $1 million budget.

2 Shooting in Philly was on a tight budget. No artificial lighting was used for exterior shots, and actors had no trailers or catering. Only one on-set meal was served for breakfast, lunch and dinner: pizza.

3 Rocky's real name is actually Robert, but the nickname is used to honor real-life boxer Rocky Marciano.

4 Stallone downed raw eggs before his training montage. According to the actor, that was an easy feat. He'd done it plenty of times when he was living in a New York City apartment with no stove.

5 The famous training montage — nearly three minutes of footage — was originally around 90 seconds. The scenes were built around a piece of music, but producers had more footage than music, so composer Bill Conti had to keep adding to the score.

6 Stallone's training included punching frozen slabs of meat. While it was meant to be a metaphor for how fighters see their opponents, Stallone also injured one of his knuckles after eight hours of training, when the cold meat penetrated his bandages. He cracked a knuckle and drove it back into his hand.

7 Susan Sarandon auditioned for the role of Adrian Pennino, but she was considered too pretty for the part. Talia Shire, sister of Francis Ford Coppola, was cast instead.

8 Rocky's Christmas present pup, a tan bullmastiff named Butkus that Adrian gave him, was Stallone's family dog.

9 Before writing his script for the original movie, Stallone was living on a shoestring in New York, and sold Butkus for $50. Once he sold the script, Stallone bought back his pup — and had to pay $1,500 for him.

10 Rocky's Kensington home is a real house, with very little resembling any aspects of Hollywood these days. Producers bought the rights to use the exterior and living room of 1818 Tusculum Street for just $50. Now, when die-hards visit the block with cameras in hand, kids pop their heads out the windows, chanting, "Rocky! Rocky!"

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The liver is an important fat burning organ. Experts claim that if the liver is sluggish or clogged with waste material it will be less able to work, and fat can start to build up, under the skin, as belly fat and even inside the internal organs. Making sure your liver is working well, they say, will help you flush fats from the body.

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Tsunami hits Japan after strong quake, nuclear plant briefly disrupted

The earthquake, which was felt in Tokyo, had a magnitude of 7.4 and was centered off the coast of Fukushima prefecture at a depth of about 6 miles.

A televison news broadcast of the earthquake and tsunami warning FACEBOOK

A powerful earthquake rocked northern Japan on Tuesday, the Japan Meteorological Agency said, generating a tsunami that hit the same region devastated by a massive quake, tsunami and nuclear disaster in 2011.

A tsunami of up to 4.5 feet had been observed around Sendai, about 45 miles north of Fukushima, following the quake, which struck at 5:59 a.m. (2059 GMT Monday), public broadcaster NHK said.

Television footage showed ships moving out to sea from harbors as tsunami warning signals wailed, after warnings of waves of up to 10 feet were issued.

"We saw high waves but nothing that went over the tidal barriers," a man in the city of Iwaki told NTV television network.

All Japan's nuclear power plants on the coast threatened by the tsunami are shut down in the wake of the March 2011 disaster, which knocked out Tokyo Electric Power Co's Fukushima Daiichi nuclear plant, spilling radiation into the air and sea.

A spokeswoman for Tokyo Electric Power, known as Tepco, said the cooling system for a storage pool for spent nuclear fuel at the reactor at its Fukushima Daini Plant had been halted. A spokesman said the cooling system had restarted soon after.

No other damage from the quake has been confirmed at any of its power plants, although there have been blackouts in some areas, the spokeswoman said.

Only two reactors are operating in Japan, both in the southwest. Even when in shutdown, nuclear plants need cooling systems operating to keep spent fuel cool.

Tohoku Electric Power Co said there was no damage to its Onagawa nuclear plant, while the Kyodo news agency reported there were no irregularities at the Tokai Daini nuclear plant in Ibaraki prefecture.

One woman suffered cuts to her head from falling dishes, Kyodo news agency reported, citing fire department officials. Japanese Minister for Disaster Management Jun Matsumoto told reporters about three hours after the quake that there had been no reports of significant injuries so far.

Earthquakes are common in Japan, one of the world's most seismically active areas. Japan accounts for about 20 percent of the world's earthquakes of magnitude 6 or greater.

The March 11, 2011, quake was magnitude 9, the strongest quake in Japan on record. The massive tsunami it triggered caused the world's worst nuclear crisis since Chernobyl a quarter of a century earlier.

The U.S. Geological Survey measured Tuesday's quake at magnitude 6.9, down from an initial 7.3.

An Iwaki city fire department official said there was smoke or fire at Kureha's research center in a petrochemical complex in Iwaki city at 6:17 a.m. (2117 GMT Monday) but it was extinguished soon after. Other details were not clear, he said, but no other major damage had been reported in the city so far. REUTERS

BRIEF

Donate to Metro's Toy Drive

In keeping with the holiday spirit of giving, Metro is once again launching Metro Magic, our annual toy drive for underprivileged children in New York, Boston and Philadelphia.

This year marks the seventh anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor in chief. Mr. Metcalf passed away in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

"Tony felt we should use the size and scale of Metro to help others and he used enormous dedication and force to execute the project and every year make children in need a little happier during the holiday season," said Metro's Chief Executive Officer Yggers Mortensen.

"I am proud to continue this project in honor of Tony and I hope all our readers, suppliers and members of the Metro team will help to make this yet another great Metro Magic year."

Metro has created a wish list at the Target website that readers can access by going to Metro.us and clicking on the Tony's Metro Magic story on the homepage.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

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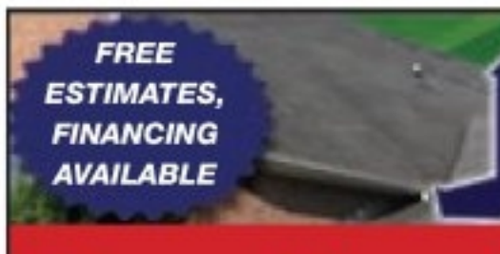

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Suspect arrested in San Antonio policeman's death; four US police shot on same day

The attacks on Sunday, which injured three other officers and led to the shooting death of a suspect, revived painful memories of deadly ambushes targeting police in July in Dallas and Baton Rouge.

A man identified by the San Antonio Police Department as a suspect in the shooting death of police detective Benjamin Marconi, 50, is seen entering the police headquarters building in San Antonio, Texas, on Sunday, in a frame grab from video released by the police. SAN ANTONIO POLICE DEPARTMENT/HANDOUT

A suspect was arrested on Monday in the fatal ambush shooting of a San Antonio police officer, local television reported, one of four officers shot in the line of duty in Texas, Missouri and Florida on the same day.

The attacks on Sunday, which injured three other officers and led to the shooting death of a suspect, revived painful memories of deadly ambushes targeting police in July in Dallas and Baton Rouge.

KENS TV in San Antonio, citing multiple sources, said a suspect was arrested for the killing of 50-year-old Benjamin Marconi, a 20-year veteran of the San Antonio force who was fatally shot as he sat in his squad car during a routine traffic stop outside the city's police headquarters.

San Antonio Police planned a news briefing.

The assailant stopped his car behind the police cruiser, walked up and shot the officer in the head through the window as he was writing a ticket, San Antonio Police Chief William McManus told a news conference earlier on Monday.

The gunman then reached through the window, fired a second shot into the officer, returned to his vehicle and sped away.

A total of 57 U.S. law enforcement officers have been killed by gunfire so far this year, a 68 percent increase from the same period in 2015.

> *"This is everyone's worst nightmare.... Unfortunately, like Dallas, like Baton Rouge, it's happened here now."*
> McManus

Also on Sunday, a 46-year-old St. Louis police sergeant was shot in the face by a person in a car who pulled up beside the officer's cruiser at an intersection then fled. St. Louis Police Chief Sam Dotson said the wounded officer was conscious and able to speak after the attack.

The suspect was later killed in a shootout after officers spotted his car, police said on Monday.

Meanwhile, a third police officer was shot on Sunday during a traffic stop on Sanibel Island on Florida's Gulf Coast but was not seriously hurt, local media reported.

The officer was treated for a shoulder wound, according to the reports, while the suspect was apprehended at his home on an island off Fort Myers.

In a fourth incident, a police officer in Kansas City, Missouri, was shot and wounded during a struggle with an armed suspect who tried to flee after a traffic stop, police said.

The suspect was killed and a Kansas City police spokeswoman said investigators were determining whether the officer was shot accidentally by one his colleagues.

In Texas, federal, state and local authorities had joined the search for the San Antonio gunman, whom McManus described as "extremely dangerous, both to the police and to the public."

About four hours before the shooting, he said, surveillance video showed the suspect had briefly entered police headquarters and asked a question of a desk clerk before leaving.

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Reese Witherspoon, AT&T venture form media company aimed at women

Otter Media, the joint venture between AT&T Inc. and The Chernin Group, has partnered with Reese Witherspoon to form a new multimedia company, Hello Sunshine, aimed at telling female-driven stories.

Witherspoon's involvement in Hello Sunshine will come via her production company Pacific Standard, which counts films "Wild," "Gone Girl" and the upcoming HBO series "Big Little Lies" among its credits. As a subsidiary of Hello Sunshine, Pacific Standard will continue to make TV shows and films, but now will also branch out to include shorter-run digital content tailored for social media.

AT&T partnered with longtime media executive Peter Chernin to form Otter Media in 2014 as a way to capitalize on the booming streaming video industry, committing more than $500 million to buy and/or launch new companies.

The new company could give AT&T an early stake hold in a marketplace currently light on content made both for and by women. A study by USC-Annenberg found that female characters made up only 28.7 percent of all speaking roles in film, while women accounted for just 15 percent of directors.

Witherspoon launched Pacific Standard with her producing partner Bruna Papandrea in 2012 as a means to get more women both behind and in front of the camera in more prominent roles. Papandrea recently left to start her own venture.

Otter Media's portfolio includes digital media company Fullscreen

Actress Reese Witherspoon
GETTY IMAGES

Media (which owns digital studio Rooster Teeth), social marketing agency McBeard and Gunpowder & Sky, the digital studio launched by former Viacom executive Van Toffler. Otter Media also has invested in the Japanese anime and gaming space with two streaming video services in Crunchyroll and VRV. Earlier this year, Chernin Group also acquired sports media company Barstool Sports.

AT&T has been in the process of acquiring Time Warner Inc., a deal expected to close next year should it pass regulatory hurdles. Last week, Time Warner's studio Warner Bros. agreed to acquire all of digital media company Machinima, a competitor to Fullscreen.

Kerry Tucker will serve as chief executive of Hello Sunshine. Tucker most recently engineered the sale of The Video Genome Project, a content-recommendation startup, to Hulu.

Seth Rodsky, founding partner of Strand Equity Partners, is partnered with Witherspoon on the deal and will join the Hello Sunshine board.

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NBCUniversal invests $200M more in BuzzFeed

Online media company BuzzFeed, best known for its list-based articles and quizzes, said Comcast Corp.'s NBCUniversal had invested an additional $200 million in the company.

NBCUniversal last year invested roughly the same amount in BuzzFeed.

NBCUniversal's parent company Comcast has pumped heavily into digital-native companies such as BuzzFeed and Vox Media, partly in an effort to better service existing advertisers.

BuzzFeed, whose content generates 7 billion views each month, will collaborate with NBCUniversal on production and social distribution for NBCUniversal's Content Studio, the companies said on Monday.

In August, BuzzFeed split itself into news and entertainment divisions amid media companies' struggle for balance between covering news and politics, and lighter fare like social media, entertainment and lifestyle.

LionTree Advisors was BuzzFeed's financial adviser and Fenwick & West LLP its legal adviser. Davis Polk & Wardwell LLP was NBCUniversal's legal adviser.

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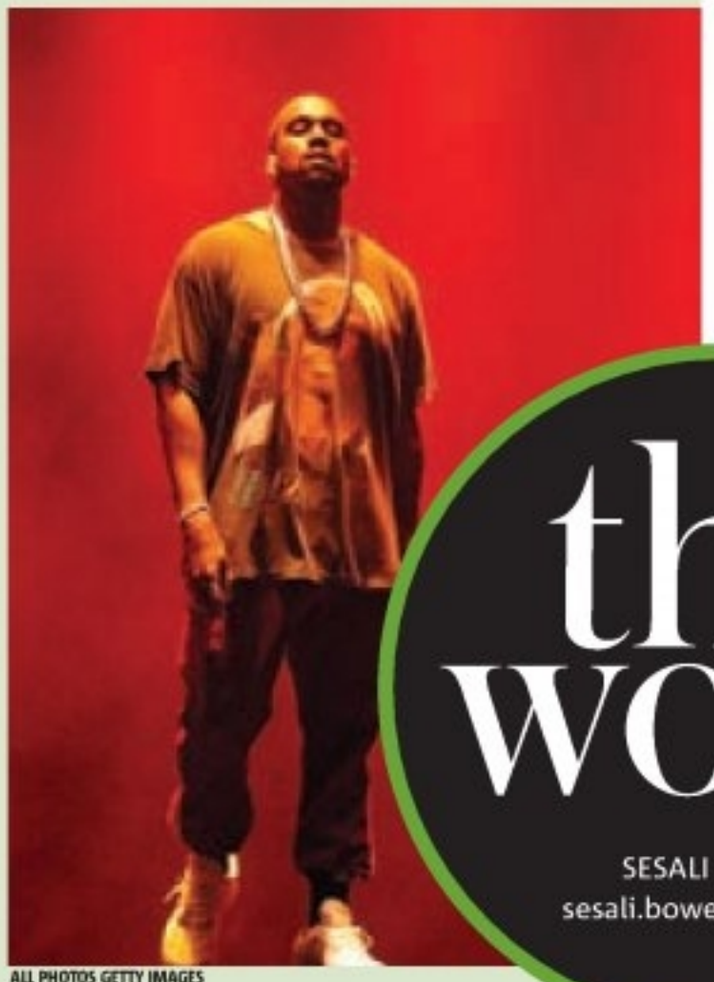
Kanye West cancels remainder of Saint Pablo Tour



ALL PHOTOS GETTY IMAGES

Kanye West left a lot of fans unhappy Saturday night after he walked off the stage at his Sacramento, California, concert after only about 30 minutes — half of which were spent doing what Kanye does best: ranting. The rapper managed to catch the full wrath of the Beyhive because of his shady remarks about Beyonce and Jay Z.

If you think Kanye might be having some sort of meltdown, you could be right. A rep for the outspoken 40-year-old told Rolling Stone that the remaining 21 dates of his Saint Pablo Tour have been canceled, including his New Year's Eve finale at Brooklyn's Barclays Center. All tickets will be refunded.

West himself has yet to comment. Is Kanye just exhausted, as E! News reports? Or is this a Beyhive conspiracy?

the word

SESALI BOWEN
sesali.bowen@metro.us

J.Law will not take a selfie with you

At just 26 years old, Jennifer Lawrence is not like most millennials. She has no student loan debt, for one thing, which might have something to do with the fact that she made $46 million last year, earning her the mantle of highest-paid actress in Hollywood for the second year in a row.

The other thing that separates Lawrence from her 20-something peers is that she "works very hard" on living as privately as possible: no Instagram, no Twitter, no Snapchat. She also had a soft warning for admirers who overstep. "You might think you know me, but when you approach me you're a total stranger to me and I'm scared. I get very protective of my space," the "Passenger" star tells Vanity Fair. "If I'm eating dinner and somebody comes up and a flash goes off from someone's iPhone camera, I am really rude to that person."

Yikes. Hope she doesn't carry a longbow.

Fans brings Lady Gaga to tears

After an amazing performance of her single "Million Reasons" at Sunday's American Music Awards, Lady Gaga found herself crying in the garage of the Microsoft Theater. She wasn't bummed about not taking home an award, or a wardrobe malfunction. The pop star was a weepy audience member for a group of fans serenading her with their own rendition of "Million Reasons."

When they finished the song, the 30-year-old blew kisses, shook hands and hugged some of the fans. Gaga recently opened up about the need to take time off before making her fifth solo studio album, "Joanne," in order to get back to what's important. We have to admit, this touching moment is probably somewhere on that list.

Someone grab the tissues.

No fun: The Game must pay up

A judge has ordered 36-year-old rapper The Game to pay $7.13 million in a civil suit concerning sexual assault, according to TMZ. Priscilla Rainey claims the L.A. rapper sexually assaulted her while they were filming his VH1 reality show "She's Got Game" on May 22, 2015. The Game was allegedly under the influence of drugs and alcohol when Rainey says he repeatedly touched her inappropriately.

She had initially sued The Game for $10 million, and was denied access to his financial records earlier this month. But $7 million is still serious business.

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Did your spark fizzle?

Single and Swiping

LAURIE DAVIS EDWARDS

Dating site users should wait seven days to follow up, says the expert. ISTOCK

"I had a few messages with a woman, but then she stopped messaging," one of my clients mentioned this week. It's not uncommon for a match to ghost, even before you've met offline.

There are a few dozen reasons I've heard for this lapse in response, including: They haven't logged into the site or app for a while, canceled their subscription, got busy at work, started seeing someone seriously, or perhaps just forgot to reply. It all happens. Don't take it personally — in very few instances will the reason be *you*. But you do need to be proactive.

Give them space

Following up too soon can look overeager — and even needy — so give it some time (but not too much, or you risk losing momentum). On a dating site, waiting about seven days is ideal; on an app, three is sufficient.

Check read receipts

Some dating platforms allow you to see if the person has read your last message. If she hasn't read it, there is less chance she'll respond no matter what you write.

Craft a check-in

Consider your follow-up a check-in — you're writing to see how they are, and if he's still interested. Focus on something timely, like what happened over the weekend, or "Hope you had an awesome Thanksgiving! I spent time with my family in the 'burbs — our flag football game was the highlight. How about you?" Make sure you end with a question — similar to an initial message — so it's simple for your match to respond. And no matter what you do, don't call them out for not replying sooner. Insecurity isn't sexy on anyone.

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Meet Auli'i Cravalho, star of 'Moana'

In Disney's "Moana," Auli'i Cravalho voices a young Polynesian girl who sets sail — eventually with a fun-loving demigod (voiced by Dwayne Johnon) — to save her island from ruin. DISNEY

A teenager from Hawaii wound up teaming up with The Rock on the latest Disney film.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Auli'i Cravalho was just a teenager from Hawaii before she scored the lead role in "Moana." She performed at her school's Concert Glee Club, she studied for her AP and she liked to dance the hula. When word came that Disney was searching for teenage girls for their latest animated film — an ocean adventure set centuries in the past, about a girl who sets sail by herself to save her island from destruction — Cravalho wasn't even going to audition. But she did, and all of a sudden a Disney fanatic found herself becoming a bona fide Disney princess, sharing vocal space with no less than Dwayne Johnson.

Bubbly and friendly, Cravalho — who turns 16 today, the day before "Moana" hits theaters — talks to us about her dramatically changed life, being inspired by "Mulan" and her adorable stray cat.

How much has your life changed since making "Moana"?

It hasn't changed that much. Finding a balance between school and this incredible blessing is a little tough. [Laughs] I'm still doing homework, whether it's on a plane or in a hotel room. My friends have changed just a little bit. They've started calling me "Moana" instead of Auli'i. My teachers call me that, too. But they're so proud and supportive. Even though I'm across hundreds of miles of ocean, I still get Skyped and texts. That's all I could have ever hoped for. But I am missing my cat right now.

GETTY IMAGES

What kind of cat do you have?

Oh my god. [Laughs] I have a domestic short-hair tortoiseshell cat. She's a stray.

So you found her?

Sort of. My childhood friend found a stray cat, but she was moving. So I took her. She's become my lovable fat kitty who I feed too much. [Laughs] She falls over a lot and makes me laugh.

I don't want to just assume you watched a lot of Disney films growing up.

Oh no, you can assume.

Which were your favorites?

"Mulan" was definitely my first Disney love. I thought she was so empowering. I thought she just broke a gender norm. I realized that at a young age. Perhaps I didn't voice it as "she broke a gender norm." [Laughs] But I knew she was really special. She understood what was needed of her and she went out and honored her family in such an immense and beautiful way.

Disney has always been good at that: Their animated films have long tended to be about strong women, including Moana.

Absolutely. Moana is such a beautiful heroine. She's gorgeous inside and out. She's strong, but that doesn't mean she isn't also deep and emotional as well. She's sentimental and kind and selfless for her people, the way she would journey out into the sea. She had no idea how to do what she did, but she did it. She went out to save them, and also to find herself. I think that's universal.

I can't imagine doing what she does. It sounds terrifying.

Face your fear! Actually, that's bad advice, never mind. [Laughs]

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Queer Performances of Color promotes unity

ALL PHOTOS LEO GONZALES

The show will feature singing, dancing, burlesque and more.

MIKE FENN
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letters@metro.us

A dazzling — and timely — showcase is about to grace the stage of one of Philadelphia's most beautiful establishments. As if the city didn't already have enough to be thankful for during the last week of November, audiences will be treated to Queer Performances of Color at CiBo Ristorante Italiano in Center City on Saturday, Nov. 26.

The showcase aims to strengthen unity in the city, particularly among the LGBTQ community. Creator Leo Gonzales, who has worked in Philadelphia's Gayborhood in a number of performance-related roles, from performer to accompanist to sound engineer, came up with the idea after seeing what kinds of entertainment the neighborhood — and the community that thrived there — needed and wanted the most.

"I truly believe that creating a space for Queer Performances of Color is a step toward healing from the effects of being marginalized within the LGBTQ community," Gonzales says. "It creates a voice, and my hope is that our work will bring a positive change in further understanding one another and ultimately getting closer to true inclusiveness."

Audiences are promised a night of deeply personal performances, spanning singing, dancing, spoken-word poetry, drag and burlesque. "The acts are raw, real and a testament to their unapologetic self," he says.

In addition to Gonzales himself, the show will feature prominent local performers including Otis Pena, Sapphira Cristal, Jarret McCreary, Aurora Whorealis, Aida Bummcake, Kevyn Black Mines, Icon Ebony Fierce and Jaeda. Guest speakers Stro Kyle, Marcus Neal Gordon and The Black and Brown Workers Collective.

Queer Performances of Color is a glimpse of what's coming from the creative minds of Philly's LGBTQ community.

"The Philadelphia LGBTQ Arts Initiative is filing for 501(c)3 status," says Gonzales, who will also be at the helm of several similar shows throughout December at various venues around the neighborhood.

"Through donations and grants, we will be able to gather more resources to promote community inclusiveness and end discrimination through performances."

While there is no cover to enjoy the show at CiBo Ristorante Italiano, a $5 donation is suggested. Doors open at 10:30 p.m.

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Do your research, plan ahead, make a budget and stick to it are among these experts' tips for successful black friday shopping. ISTOCK

It's the most highly anticipated shopping day of the year. How can consumers best take advantage?

We consulted with shopping and money-saving experts for their advice on best strategizing your spending. A combination of planning ahead, doing your research, setting a budget — and sticking to it — is the way to ensure successful shopping during this season of deals.

Which deals are trending this year?

According to Benjamin Glaser, the features editor at DealNews, the top categories this season are: TVs, laptops, home appliances and clothing. Cyber Monday, on the other hand, is a better day to find discounted airfare and hotel bookings.

How should you research deals?

Check sites like DealNews and Bfads.net to stay up to date on the latest offerings across major retailers. Camel Camel Camel tracks prices on Amazon.

As far as apps, consumer and money-saving expert Andrea Woroch names the Flipp app and Shop Savvy for making price comparisons of digital circulars, coupons and in-store items. Coupon Sherpa gives access to in-store coupons, while the Santa's Bag app helps you keep track of your shopping list and budget.

Should you shop in-store or online?

According to Sara Skirboll, shopping and trends expert at RetailMeNot, 73 percent of Black Friday shoppers this year are planning to shop at brick-and-mortar locations.

For those undeterred by the crowds, Woroch has a few tips for making your big shopping day more manageable.

"Consider heading to a mall or outlet center where you can access many retailers in one location and avoid driving around town," she says.

She suggests bringing a shopping buddy who can help divide and conquer your list — and wait in line for you while you're grabbing a last-minute item.

Leaving your credit cards at home and paying with cash will keep you from making impulse buys outside of your budget.

Glaser says online shopping is preferable because it's more convenient and easier to make price comparisons on goods; often, the deals online and in-store are roughly equivalent.

If you take a chance at in-store doorbusters, he says, know you run the risk of waiting in line and still not getting the deal before it runs out.

Cash in on deals before Black Friday

According to Glaser, Thanksgiving is actually the biggest day of the year for discounts and deals. He advises making your purchases on Turkey Day.

"You can do it without sacrificing family time because these deals are available online," he says.

Which deals should you hold out for?

Gift cards and jewelry see better deals in December, closer to the holidays, says Glaser, as do toys and seasonal decor, notes Woroch. Prices on winter clothing, if you can wait, will drop in January and February, Glaser says.

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Shop these Black Friday sales

You need a game plan before you hit the stores this year.

Some like to play football post-Thanksgiving gorge fest, and others like to partake in another national sport: Black Friday shopping. But before you hit the malls, or your handy laptop, we highlight some sales to get excited about.

We have a lot more sales on Metro.us ISTOCK

Keds

We're loving Kate Spade's sparkly new kicks for Keds, and on Black Friday and Cyber Monday you can get 30 percent off all full-price styles.

JCPenney

Black Friday sales start at midnight Nov. 23 at JCPenney.com.

But brave in-store shoppers (doors open at 3 p.m. Thanksgiving Day) should arrive early to receive an envelope containing mystery coupons. Some of this year's deals include Mixi touch tech gloves for $1.99, select Teenage Mutant Ninja Turtle toys for $5.99, $79 for a Sharper Image 5.1 channel Bluetooth home-theater system and $994 for the Samsung 26-cubic-foot three-door French door refrigerator. The retailer is also offering up to 40 percent off appliances.

Samsung 26-cubic-foot 3-door French door refrigerator PROVIDED

Gilt and Gilt City

Need a new wardrobe? Gilt has you covered from now through Cyber Monday with steep discounts on trendy women's, men's, kid's and chic home essentials at up to 80 percent off. Expect brands such as Jimmy Choo, Cosabella, Moncler, Tod's, Paul Smith, Nespresso and Dyson.

Target

Target will open its doors at 6 p.m. on Thanksgiving. But eager beavers can shop all of the retailer's deals early morning at Target.com with free shipping. What to expect: superlow prices on popular items like Powerbeats 2 Wireless Earphones, Fitbit Charge HR and an HP 15.6" laptop. Other special deals: A 50" Hisense 4K UHD TV will go for $249.99; Apple Watch series 1 will start at $198; a Motorola Digital Video Baby Monitor will be $129.99, down from $259.99; and all apparel and shoes for the family will be 30 percent off.

HomeDepot

Jimmy Choo Maurice Laser-Cut Nubuck Bootie PROVIDED

Unlike other big retailers, Home Depot will be closed Thanksgiving (but will offer online-only savings starting at 6 a.m.). When you do get into the store, which opens at 6 a.m. Friday, expect great deals on tools and more. Deals include up to 40 percent off major appliances and an extra $450 back when you buy two or more appliances valued at $498 plus.

Amore & Sorvete

More of a reason to work off that giant meal. From Friday through Monday, Australian swimwear line Amore & Sorvete is offering 30 percent off sitewide and free international shipping on all orders over $100. Use the code BLACKFRIDAY at checkout.

The Cambridge Satchel Company

There's no excuse not to have a chic bag. The Cambridge Satchel Company is offering 40 percent off all products from Friday

Continued on Page 20

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Continued from Page 19

through Monday.

Maje

Nab some trendy winter essentials at Maje with 25 percent off the entire collection Monday. Shoppers who spend over $500 will receive a Diptyque candle.

Rebecca Taylor

Step up your style game for the New Year (yes, It's around the corner) at Rebecca Taylor. From now until Nov. 28, the brand is offering 25 percent off all purchases with the code: CELEBRATE.

Aritzia

Expect major deals at Aritzia. The women's retailer will have select fall and winter items on sale for up to 50 percent off from now until Nov. 28th at Aritzia stores (Nov. 21-27) and on aritzia.com (Nov. 27-28).

Giejo

From Nov. 25 through Dec. 1, hip bathing-suit brand Giejo is offering 50 percent off on cute suits. Just enter the code: GRATEFUL50 and start plotting your next beach get-away.

Ann Taylor

Ann Taylor is not messing around this Black Friday. Shop chic looks online or in-store for 50 percent off from Wednesday to Sunday. Code: CELEBRATE.

Shopbop and East Dane

Shopbop and East Dane are rewarding your shopping sprees from now through Monday. Customers who spend $200 and more will receive 15 percent off their purchase. Spend $500 and more and you get 20 percent off. Big spenders who drop $800 and more will get 25 percent off with the code GOBIG16.

Sorel

From Friday through Nov. 27, the brand will offer 25 percent off all footwear and 40 percent off all apparel in its NYC flagship (345 W. 14th St.).

In-store customers can also enjoy a complimentary cup of hot chocolate while doing damage.

Rebecca Minkoff

From Wednesday to Sunday, Rebecca Minkoff will offer up to 75 percent off sales items. But the savings don't stop there: Shoppers who spend $100 will receive 25 percent off online and in-store. Bonus: Friday from 10 a.m.- 12 p.m., in-store shoppers will get a swag bag with every purchase.

Old Navy

The party starts early at Old Navy. Starting Wednesday from 6 a.m. until 10 p.m., the entire store will be 50 percent off. The sale will continue when stores open Thursday at 4 p.m. until Friday, at midnight, giving shoppers 32 hours straight to snag incredible deals. On Black Friday, Old Navy will offer its Frost-Free jacket for the family at a door-buster price of $10 (while supplies last).The savings last throughout the weekend, with 40 percent off the entire store Saturday, Sunday and Monday. METRO

Make sure the sales are worth your while. ISTOCK

The best Black Friday deals

Black Friday shopping can be chaotic, sometimes violent and occasionally disappointing. For shoppers who want to spend less time browsing the racks and more time getting great deals, a report has named the best stores to do just that.

WalletHub, a personal-finance website, crunched the numbers of 8,000 Black Friday deals from 35 of the largest national retailers and identified which offer the biggest discounts, including by category.

Macy's topped the list, with an average 63 percent discount for Black Friday shoppers.

Other national retailers that made the top 10 were Kohl's, which came in sixth, with an average 58 percent discount, and Sears, in 10th place with 44 percent.

On average, shoppers can expect to save about 39 percent on Black Friday. WalletHub encourages shoppers to aim for that discount amount or higher to avoid traps.

WalletHub also analyzed which items shoppers can expect to save the most on. Deal seekers buying jewelry or clothing and accessories will save the most, with savings averaging 65 percent and 45 percent, respectively. But there's bad news for parents: The pre-Christmas shopping event doesn't bring great savings on toys, which, on average, see only about a 33 percent discount. At big-box retailer Target, toys are only about 17 percent off.

To read the full report and see average deals for major retailers, visit wallethub.com. ALEXIS SACHDEV

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The best foods for pregnant women

You can still eat soft cheese—if it's pasteurized.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Willow Jarosh and Stephanie Clarke, the duo behind C&J Nutrition, a NYC and Washington, D.C., wellness company, noticed a common concern among their pregnant clients: Many were overwhelmed trying to keep track of all the foods they'd been told were taboo.

That inspired the duo to write the "Healthy Happy Pregnancy Cookbook," a guide to "all the amazing things that [pregnant women] can and should eat," including more than 125 easy-to-make, nutritious recipes.

"During pregnancy, you can actually treat some of the discomforts you're having via your food choices each day," Jarosh says, adding that the concept of "food as medicine" is integral to their wellness practice.

The two certified nutritionists and registered dietitians suggest the best foods to combat the most common pregnancy discomforts, advise how to manage cravings — and share a nausea- and cramp-fighting orange-carrot smoothie recipe.

Your cookbook includes recipes to treat common ailments during pregnancy. Let's start with morning sickness.
With nausea, getting a little bit of protein with each meal really helps combat that. Many protein-rich foods, particularly meat and foods that smell strongly, are really off-putting to women who are experiencing nausea. Smoothies, which are cold and refreshing, are a great way to incorporate protein sources like yogurt and tofu in a way that doesn't feel protein-y. We wanted to make the recipes easy for someone else to make because you don't necessarily want to be in the kitchen when you feel that way. Quinoa is a good high-quality source of protein with a more carby feeling. We add chicken-bone broth to make a carrot-ginger soup that's rich in protein and ginger helps combat nausea.

Common misconceptions

Many pregnant women believe that all soft cheeses, like feta and brie, are off the table. "But the only reason not to eat a soft cheese when you're pregnant is if it's unpasteurized," says Clarke. "Deli meats, you shouldn't eat cold but you can if they're heated."

When it comes to coffee, you're fine to keep it to two cups a day. If you do decide to cut it out, for whatever reason, Clarke and Jarosh caution against going cold turkey to avoid caffeine withdrawal.

"We hear a lot from our clients that they're really bummed they can't eat fish anymore," the authors say. "The opposite is actually true: It's really important to get the DHA and omega-3 fatty acids during pregnancy that salmon and tuna and the really fatty fish provide." There are only four fish that pregnant women should avoid: shark, swordfish, tilefish and king mackerel, which are known for high levels of methyl mercury.

What do you recommend for alleviating constipation?
We wanted to focus on foods that include fiber naturally. Sometimes you'll see products that have a concentrated amount of fiber added, and that can sometimes cause digestive discomfort and bloating and gas. We also wanted to use foods that contain a lot of water, because if you increase fiber intake without increasing water, it can actually cause constipation.

We have a recipe for a carrot cake chia pudding — chia seeds are hydrophilic, they can hold up to 10 times their size in water. We also used foods that are rich in magnesium, which helps to relax the digestive systems: almonds, peanuts, avocado, brown rice.

Tips for dining out while pregnant?
Filling half your plate with veggies is something we recommend. Research beforehand. So many restaurants have information on ingredients and nutrition online now, so you can plan before you go. Don't be shy about asking for what you want, or if something can be swapped out.

View the smoothie recipe at **metro.us**

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WHO'S TO BLAME FOR THE EAGLES' AGHOLOR DEBACLE?

THE SPORTS PROFESSOR

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It's unofficial as of yet, but all signs point toward Nelson Agholor being benched for at least one week. GETTY IMAGES

Danny Watkins, Jerome McDougal, Jon Harris … Nelson Agholor?

The roll call of Eagles first-round whiffs is frightening. A young man arrives from college with the hype and the hope. By the second season, we realize he's a bust.

Agholor, 23 games into his career, is etching his name onto the list. His performance in Sunday's 26-15 loss at Seattle stands among the worst ever by a member of this team. Like Winston Justice's 2007 nightmare, giving up six sacks to Osi Umenyiora. Or Todd Pinkston getting bullied by Ricky Manning in the 2003 NFC Championship Game.

You saw it Sunday. Agholor's bonehead inattentiveness stole a TD from Zach Ertz. He once again dropped a ball when wide open. He caught zero passes. A week earlier, he had two catches for seven yards.

Despite being on the field for 90 percent of the Eagles' plays, Agholor has 264 receiving yards this season – placing him 124th in the league. In 23 career games, he has never exceeded 64 yards.

Josh Huff, Freddie Mitchell, Reggie Brown … Nelson Agholor?

Wide receivers are tough to scout. A kid who dominates in college can shrink when faced with NFL competition. This appears especially true of hotshots coming from the Pac 12.

Much of it is psychological. Any successful player must have amnesia. Get beat on one play, forget it as you line up for the next. Drop a pass, just catch the next. Terrell Owens may have dropped more balls than any receiver in modern times, but he's still going to the Hall of Fame.

Agholor clearly lacks this mindset. He wallows in failure. His sad-sack quotes after Sunday's loss prove he lacks the mental toughness — at least for now — to overcome adversity. Doug Pederson has no other choice than to bench him for a game or two. Let him watch. Or send him home to his parents if he needs comforting. Hell, send him to Dr. Phil.

Just don't play him.

Marcus Smith, Eric Rowe, Matt Barkley … Nelson Agholor?

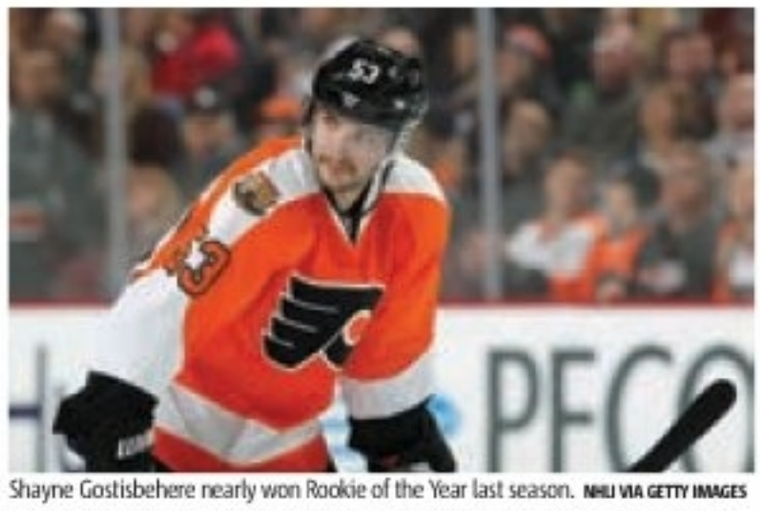
Chip Kelly gets credit for those draft picks. The Eagles' overall weak personnel largely stems from Chipper's dabbling with personnel — including cutting DeSean Jackson, trading LeSean McCoy and letting Jeremy Maclin walk. All of which makes it more challenging for Howie Roseman to rebuild around young Carson Wentz.

Cutting Agholor today isn't the answer. Yes, the Eagles elevated the legend that is Paul Turner from the practice squad Monday. But don't expect him to be the next Wes Welker.

Bryce Treggs? The Seahawks figured out that he has one move — speed — and made him a nonfactor Sunday by playing a safety high. Dorial Green-Beckham? If anyone should be cut, it's the lay-about who consistently lacks effort.

Even Jordan Matthews, the best of the bunch and an emerging team leader, isn't much more than a situational possession receiver. Certainly not among the league's top 20 wide receivers.

I'm not saying it's going to work out with Agholor — because I don't think it will. So sit him, sure. Pederson owes that to the rest of the team. But cutting Agholor today, while serving as a sop to the fans, solves nothing.



Shayne Gostisbehere nearly won Rookie of the Year last season. NHLI VIA GETTY IMAGES

Hakstol sends Flyers a message through Gostisbehere's benching

Dave Hakstol sent his first true shot across the bow, or in this case the locker room, last week.

The Flyers second-year coach lit the fuse when he said that defenseman Shayne Gostisbehere would sit out last Thursday's game against the Jets as a healthy scratch.

Hakstol, who mostly downplayed the move, said Gostisbehere's defensive performance had dipped the last few weeks and could benefit by watching a game from the press box. Even Gostisbehere took the high road, adding how much he learned while watching from the press box for most of the season two years ago while sitting out with an injury.

However, make no mistake. The benching was a stern message not only to Gostisbehere but also a subtle one to the entire team.

Using a star player like Gostisbehere, who was a finalist for the Rookie of the Year Award last year, as an example, Hakstol let his players know that if their play is not up to snuff, they will be removed from the lineup.

"Honestly, it doesn't matter what your name is. You have to perform," said Flyers goalie Steve Mason. "Hak makes the decisions here as to who's in the lineup. I don't think Ghost is going to be feeling sorry for himself and nobody is going to be sorry for him. When you are in the lineup, you have to perform. If you don't, Hak's going to take you out.

Gostisbehere said all of the right things when it was announced and then responded on the ice 48 hours later. He played a team-high 23:32, had three shots, 11 attempts and was a minus-1 during Saturday's 3-0 loss to the Lightning.

Defensively, though, Gostisbehere has made mistakes and carries a minus-5 into Tuesday's game with the Panthers.

"I just went out there and played my game," Gostisbere said Saturday. "I was just trying to get pucks in the net and play offensively, but also trying to be sound defensively as well."

Consider the message heard loud and clear.

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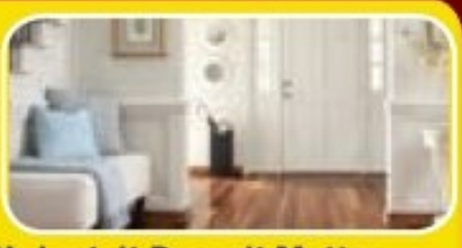

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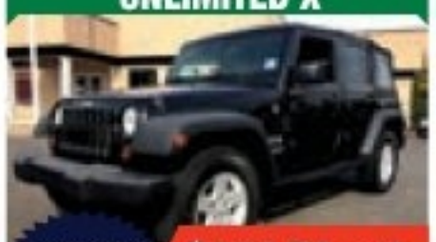
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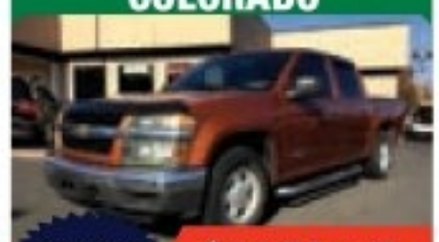
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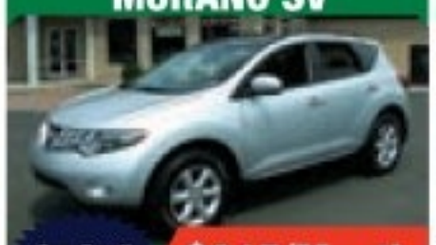
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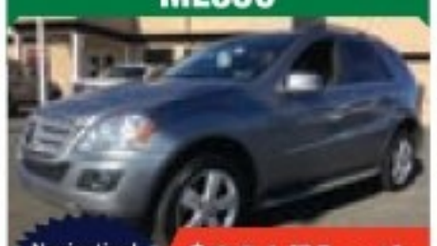
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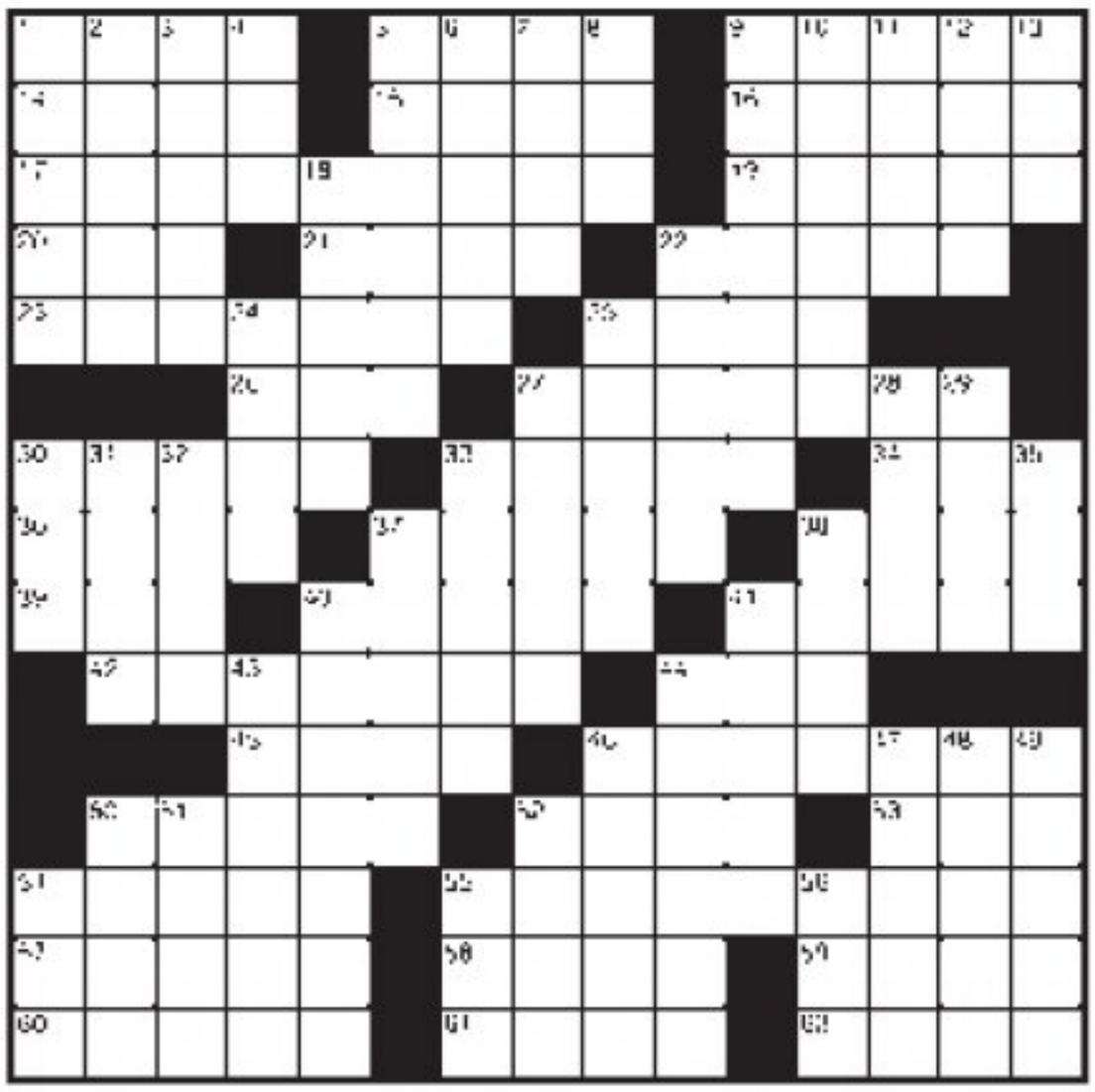
Across
1 Act servile
5 Warmonger of myth
9 Nary a soul (2 wds.)
14 Ottoman title
15 Pike's discovery
16 Oscar-winner Burstyn
17 Like a grouch
19 Zorro's farewell
20 Help-wanted abbr.
21 Feels crummy
22 Fridge coolant
23 Relies on
25 Malt beverages
26 Country rtes.
27 Baton wielder
30 Dashboard feature
33 Cap
34 -- Kippur
36 Fictional governess
37 Dispense
38 Labyrinth
39 Gator Bowl st.
40 Romulan or Klingon
41 Like most jackets
42 Beyond rad
44 Drain cleaner
45 Boutique
46 Passed out
50 Coffee order
52 Crescent-moon end
53 Wallach or Lilly
54 Sir opposite
55 Money, slangily (2 wds.)
57 Complaint
58 Be an omen of
59 Klein of fashion
60 Distributed, with "out"
61 Train for the ring
62 Autocrat of yore

Down
1 Turned toward
2 Concur
3 Excited cry
4 "Mona Lisa" crooner
5 Orchard pests
6 Feels dizzy
7 Truck stop sign
8 Aurora locale
9 Least distant
10 From further back
11 Hodgepodge
12 Las Vegas gas
13 Printer's units
18 Gung-ho response (hyph.)
22 Navy
24 A Great Lake
25 Baseball's Hank --
27 Rumpus
28 Tatum's dad
29 Soft mud
30 Boxing official
31 Auel's heroine
32 Oater challenge
33 Zeppelin
35 Kind of student
37 Remote
38 Bearing
40 Red-faced
41 Recumbent
43 It may be narrow
44 More spacious
46 "Klute" star
47 Prom attenders
48 Helen, in Spanish
49 Greasy spoon
50 Be bold enough
51 Prevent errata
52 Basketball rim
54 "The lion" studio
55 Deli units
56 Two-timer



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easy

			4	7	1		6	
4		9			2			
	3	7		8			5	
9	1				7			4
3			8				7	6
	9			5		6	1	
			7			9		8
	8		6	2	9			

hard

						8		2
			2	7				1
		2		5	9	6		3
6							2	
4		3	9		7	1		6
	5							4
3		5	7	1		4		
8				4	3			
2		4						

metro.us/horoscopes

Aries Go over personal papers and change anything that is outdated. Sharing information with an old friend or colleague will result in an interesting prospect.

Taurus The changes you make will upset someone close to you. Discuss your plans and make adjustments that will help you keep the peace and win support and favors.

Gemini Domestic issues are best handled with diplomacy. Recognize what others are going through before you make assumptions.

Cancer Attending an industry event will help you decide whether to stay put or make a move. Choose personal satisfaction over making more money.

Leo Take the high road, no matter what it is you do. Your words will resonate with someone who can help you reach your objective. Put your plans into motion.

Virgo Good things come to those who take action. Refuse to let anyone hold you back. If you want something, take the initiative and pursue your dreams.

Libra Someone you have helped in the past will now offer you aid. If you call in favors, you will be able to make positive adjustments to your lifestyle.

Scorpio Be true to yourself and live your dream. It's up to you to choose what's best. Don't feel guilty saying no to someone putting unreasonable pressure on you.

Sagittarius Taking a day trip or participating in a community event, conference or trade show will spark your imagination and help you make decisions to improve your life.

Capricorn A relationship will need a minor adjustment. Check out your options and make suggestions based on experience. Simple plans will get the best results.

Aquarius Do something nice for someone you care about. Taking the time to tailor positive changes to fit someone else's schedule or lifestyle will result in rewards.

Pisces Stay focused on honing your skills and keeping up with technology. Avoid dealing with people who don't share your beliefs.

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